



FOR YOUR BABY * 9-12 MONTHS OLD

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A Solid Start to Self Feeding

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Your baby is changing fast. Eating will also change as baby goes from complete dependence on you to self-feeding. By 9 months most babies are ready for this change. Some signs that your baby is ready for self feeding include: grasps with palm, grasps with thumb and forefinger, brings hand to mouth and swallows foods other than liquids.

- **Smoother, strained foods may be easier at first, but are not necessary after 7-8 months of age.** Homemade baby food can be made easily. Just mash, blend, or finely chop the same foods your family eats.
- **By 8-9 months, provide foods from each of the five Food Guide Pyramid groups.** Select different colors, consistencies, textures, and flavors. Your baby will learn to enjoy a variety of foods and develop healthy, lifelong eating habits.
- **Babies' food preferences and tastes will change rapidly.** Keep offering foods. A food rejected one day may be eaten another day.
- **Wait until 1 year to offer your baby egg whites or honey.** Some babies can be allergic to egg whites and babies can get very sick from bacteria that may be in honey.

As solid foods replace some feedings, they can't replace all the nutrients provided by breast milk or iron-fortified formula.

Babies 9-12 months old should still be breast fed or formula fed on demand or 27-32 ounces per day.

Whole milk is recommended for children between the ages of 1 and 2.



American Academy of Pediatrics

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Vermont Chapter

Finger Foods

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By 10 months most babies are ready to feed themselves some foods. This is an important step in physical development and learning to eat—encourage this!

- It's easiest to feed baby right if you have healthy, balanced meals for the rest of the family.
- Choose *first* finger foods that are easy to eat, dissolve in baby's mouth and won't break into pieces to cause choking (see examples on the right).
- Always stay with your baby while eating, ready to help if needed. They are still learning to chew and can choke when trying to swallow bites that are too big. If your baby begins choking, stay calm and pat your baby's back lightly. If your baby seems to choke often, hold off on offering finger foods until your child is ready.
- Be patient and let your baby get messy with the food served. Playing with food is part of the way babies learn about different foods. Manners can be taught when baby is older.
- Babies still need to eat often (5 or 6 times a day) so they will get lots of practice while they are learning to feed themselves.

* GOOD CHOICES *

Good choices for finger foods are: cooked macaroni or noodles; small pieces of cooked vegetable; soft, ripe fruit; small slices of cheese; crackers, teething biscuits or dry cereal

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* FOODS TO AVOID *

Avoid: large chunks of food, hot dogs, raw carrots, raw celery, raw green beans, cherry tomatoes, grapes, raisins, nuts, seeds, popcorn, peanut butter, chips, gum, hard candy, jelly beans

Sample Menu

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Breakfast

- Infant cereal mixed with breast milk or formula, 1/4 cup
- Peaches diced, 2 or 3 sections
- Breast milk or iron fortified formula, 6 oz.

Mid-morning snack

- Graham crackers, 1
- Grape juice, 2 oz. (from a cup)

Lunch

- Pinto beans, mashed, 1–2 tablespoons
- Carrots cooked, soft pieces, 2–4 tablespoons
- Cottage cheese, 1/4 cup
- Breast milk or iron fortified formula, 4 oz.

Mid-afternoon Snack

- Cheese, small cubes, 1/2 oz.
- Water from a cup

Supper

- Turkey, finely chopped, tender pieces, 2 tablespoons
- Green beans cut in small pieces, 2–4 tablespoons
- Macaroni, 1–2 tablespoons
- Apple peeled, cut in pieces, 2–4
- Breast milk or iron fortified formula, 4 oz.

Evening snack

- Breast milk or iron fortified formula, 4 oz.



Weaning



Weaning is the process of increasing the use of a cup to replace breast or bottle feeding. Introducing the cup is the first step to weaning. Wean baby gradually over several weeks or months.

Breastfeeding and weaning:

The decision of when to wean from the breast is up to each mother and baby. If baby is under 1 year old, breast milk or iron fortified formula should be provided in a cup or bottle. Many babies continue to breastfeed past age 1.

- Your baby learns from you! If you eat well and enjoy healthy foods, your baby will learn good eating habits that will last a lifetime.
- Babies' appetites vary and amounts eaten will differ. The timing and amount of your infant's snacks will depend on meal spacing and your infant's appetite.
- Continue feeding breast milk or formula on demand.

- Start by substituting baby's least favored feeding
- 3–4 days later, try to replace another feeding
- As you add more table foods, you may notice breast milk intake decreases
- Also, your milk supply will decrease gradually; it may take several months for your breasts to return to normal. During this time, your breasts may feel full, not uncomfortable.
- When down to one nursing per day, your infant can be breastfed every other day until the baby is taking all liquids from a cup

Bottle feeding & weaning:

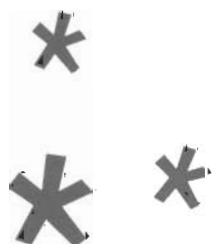
- Start by substituting baby's least favored feeding and offer formula in a cup
- 3–4 days later, try to replace another feeding
- As you add more table foods, you may notice formula intake decreases
- Keep bottles out of sight
- Your goal should be to have your baby using only a cup by 12–15 months

A slow down in the weaning process may be due to:

- Baby could be upset about weaning and suddenly want to drink more
- Illness or some change in your baby's routine

REMEMBER:

Babies have different patterns for weaning. If a set back to weaning happens, try not to be concerned and allow the baby to continue to breast or bottle feed a while longer.



Proper Tooth Care

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Good dental care begins at birth. By one year of age most babies will have several teeth. It is important to take care of these, because babies can get tooth decay. Let your health care provider know if your baby does not have any teeth at 1 year. Ask your physician about your baby's first dental visit. It should take place at 2 or 3 years of age.

Preventing Tooth Decay:

- Clean teeth and gums after feeding with a soft toothbrush or soft cloth. You can lift the baby's lip to check and see if teeth and gums are clean. If you see white or black spots on your baby's teeth, consult a dentist immediately.
- Don't share the same spoon as your baby. This will help prevent the spread of bacteria causing tooth decay.
- Don't put your baby to sleep with a bottle or allow your child to crawl or walk around the house with a bottle or sippy cup. Juice, milk, formula or other beverages containing sugar cause tooth decay.
- Your baby needs flouride everyday after 6 months of age. If you live in an area that does not have flouridated water, a supplement may be necessary. Ask your physician.



Name of Child: _____

Nutrition Plan or Goals:

